

Why you should be regular in meditation practice

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it is very important to practice meditation everyday. otherwise your meditation cannot go very deep. even if you take one day break then you lose much in your sadhana.

when you are trying to go deep in any spiritual practice then each day effort matters. it is like boiling the water to 100 degree, so that it evaporates. if you close the gas just before the water temperature is 99 degree then all your effort has gone waste. similarly in your meditation practice, if you take a break for few days then the intensity of your effort comes down and again you have to make effort to raise your level of awareness or meditative vibrations around you. all the effort which you have put goes waste and sometimes it becomes a habit to leave the things in between.

another thing which is very important in meditation is to **be sincere towards your practice.** taking break or skipping meditation shows that you are not focused and sincere in your practice.

many people give more important to other aspects of life than doing meditation. **if you really want to go deep in meditation then meditation should be the top priority in your life** and then you will not miss your meditation practice and you will be regular in it.

lastly, when we say you have to be regular in meditation, then it means beginners in meditation should practice their chosen meditation technique for one hour everyday. this one hour of meditation should be done at the same time and at same place. preferably wearing the same clothes which are fixed for doing meditation only. it also helps to create a [meditation space in your home.](#)

with time, as you go deep in meditation then you should try to bring the meditative quality in your daily actions. slowly the quality of awareness or [witnessing](#) should penetrate in your daily actions. then you should try to live each moment meditatively. you should walk with awareness, speak with awareness, listen meditatively (without bringing your mind in between) and so on. each action of yours should carry meditative quality.

the idea of practicing one hour meditation everyday is for beginners. for advance meditator, one has to be watchful of the mind every moment.

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